



Claudio Capozza & Patrizia Gentile

For the last 20 years have been following the road of knowledge, that goes beyond the normal depth of Holistic and Alternative Medicine.

They are two relentless and eclectic frontier practitioners , that have never stopped their personal research on new and exciting therapies, of which they have made them "alive", in their daily practice.

Claudio Capozza has been a Doctor as a General Practitioner for the last 34 years in Rome-Italy and was also a teacher for doctors in Homeopathy, Homotoxicology and Applied Kinesiology. After meeting his Australian wife Patrizia, they embarked and researched together on the causes of disease and not only treating the symptoms.

Finally Claudio and Patrizia have moved to Sydney, Patrizia's hometown, bringing with them the knowledge and experience of the last 20 years.

Claudio and Patrizia, are also nutritionists and with their first visit that lasts three hours, they use Applied Kinesiology to test for Food Intolerances and prescribe individual diets.

They also test for Candida and Parasites, poisoning from Mercury and other Heavy Metals and Allergies. They also test for Iodine, Vitamins, Minerals and Amino Acids deficiency and work on emotional blockages using Bach Flowers and Bush Flowers.

You are what you eat, what you drink and what you think

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&

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**Claudio Capozza N.D.
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**Holistic Medicine
Homeopathy
Homotoxicology
Kinesiology
Orthomolecular Medicine
Naturopathy
Nutrition**

Holistic Medicine:

A broad approach to understanding health and illness, taking into consideration the many aspects and complexities of an individual's life as well as their physiology. Some of the principles of Holistic Medicine include the following:

- * Searching for the underlying causes of disease is preferable to treating symptoms alone.
- * Prevention is preferable to treatment and is usually more cost-effective. The most cost-effective approach evokes the patient's own innate healing capabilities.
- * Illness is viewed as a manifestation of a dysfunction of the whole person, not as an isolated event.
- * The ideal practitioner-patient relationship considers the needs, desires, awareness and insight of the patient.



Remember:

Optimal health is much more than the absence of sickness. It is the conscious pursuit of the highest qualities of the physical, environmental, mental, emotional, spiritual, and social aspects of the human experience.

Homeopathy:

Homeopathy is a system of medicine founded in the early 19th century by a German physician, Dr. Samuel Hahnemann (1775-1843). Classical homeopathy is based on three main principles: the law of similars, the single medicine, and the minimum dose. The law of similars states that a disease is cured by a medicine that creates symptoms similar to those the patient is experiencing.

The principle of the single remedy states that a single medicine should cover all the symptoms the patient is experiencing: mental, emotional, and physical. Finally the minimum dose principle dictates that remedies are given in very infinitesimal diluted dosages.



Homotoxicology:

Homotoxicology is the modern form of Homeopathy, developed by Dr. Hans-Heinrich Reckeweg (1905-1985), which understands illness as the human body's defense against toxic substances (homotoxins) that threaten to overwhelm the intercellular matrix. According to this therapeutic model, the type and severity of an illness are determined by the duration and intensity of an individual's toxic load in relationship to the body's inherent capacity for detoxification.

The resulting disturbances, which eventually manifest as illness, are the body's attempt to restore a state of biochemical balance. For Reckeweg, restoring this balance was the ultimate goal of all medical treatment.

Applied Kinesiology:

Applied Kinesiology is a method using manual muscle-strength testing for diagnosis and a subsequent determination of prescribed therapy. According to followers of the theory, it gives feedback on the functional status of the body. Applied Kinesiology draws together many similar therapies.

It attempts an integrated, interdisciplinary approach to health care. The goal of this therapy is the recovery of muscles that are functionally inhibited with respect to the normal range of motion and strength. Also addressed in the framework are functional weaknesses due to disturbances in the nervous and neuromuscular systems that can manifest as fatigue, autoimmune problems, back and neck pain, anxiety, and depression.



Orthomolecular medicine:

A term coined by the chemist Linus Pauling who defined it as "the preservation of good health and the treatment of disease by varying the concentration in the human body of substances that are normally present in the body". The treatment for the prevention of goiter with iodine is an instance of orthomolecular medicine. A Big amount of Vitamine C ,is the best way to detox the liver from free radicals etc....

This Medicine is a form of alternative Medicine that aims to prevent and cure disease by using specific doses of vitamins, amino acids, fatty acids, trace minerals, electrolytes, and other natural substances.